

KYRA WOMEN'S PROJECT NEWSLETTER



September 2025
Monthly Email Newsletter

SEPTEMBER SPACES

At the time of going to print, we have a few spaces left for some September activities. Please click on the link to book:

Legal Support

121 sessions with Legal Aid Family Solicitors from Ison Harrison and Crombie Wilkinson. For full details of what they can/can't help with, please click on the booking link.

Thursday 4th September 12.30pm (Ison Harrison)
Thursday 4th September 1pm (Ison Harrison)
Thursday 18th September 10am (Crombie Wilkinson)
Thursday 18th September 11am (Crombie Wilkinson)



Her Money Matters

Peasholme Charity advisers are on hand to offer one-hour advice sessions to anyone within the City of York council boundary, alongside teaching skills around managing your money (excluding debt advice).

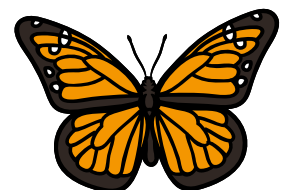
Monday 8th September 11.30am
Monday 8th September 12.30pm
Monday 8th September 1.30pm



Sound Meditation

Join Julie for a relaxing wellbeing session and immerse yourself in sound. Please only book onto 1 of the 2 dates, so that as many members as possible can join in.

Tuesday 2nd September 10.15am to 11.30am
Tuesday 9th September 10.15am to 11.30am



SOFIA (Anxiety Solutions) Course

This 4-part course will provide you with a tool kit to enable you to:

- Understand how anxiety is caused in the brain
- Know how it affects us
- To recognise, change and turn off anxious thoughts.

It is solution focused and looks to the future; and how we can manage anxiety and achieve our best hopes. We don't dwell on the past, or how we got to where we are.

Friday 26th September 10.30am to 12.30pm (4 weeks)

THANK YOU TO OUR MEMBERS WEEK VOLUNTEERS



A big thank you to Imogen, Kate, Martha, Moira and Louise for giving up their free time to run sessions for fellow members this week. We are enjoying activities from hand sewing to art journaling, crocheting, creative writing and CV support. And thank you to everyone who is coming along to support them!

SEPTEMBER LOSS SUPPORT GROUP – WEDNESDAY 24TH SEPTEMBER 11AM–12PM

This informal drop-in is for members who have attended the workshop / course to access additional support and chat with Molly in a friendly group. It might also be useful to you if you are thinking of joining one of our loss workshops or 4-week courses and would like to know more before you sign up.



LGBTQ+ GROUP GOES TO QUIET PRIDE

Last month, the LGBTQ+ group had its very first outing! Around 7 or 8 of us (a mix of new and familiar faces) headed to Quiet Pride at York St John's Creative Centre. The event was full of joy and calm – with clothes and book swaps, zine-making workshops, craft tables, board games, and brilliant talks. It was a lovely, gentle space that celebrated all kinds of queerness, and a great chance for the group to connect beyond Kyra's walls.



The group generally meets here at Kyra every other Thursday afternoon. Our September gettogethers are on 4th and 18th, from 3.30pm to 5pm. You don't need to book, you can just come along. If you would like more information, please email maisie@kyra.org.uk.

POETRY GROUP

Our twice regular poetry group returns this month after a summer break. The online sessions will be 6th and 20th September. The group also meets in person at drop-ins a few times a year. If you are interested in joining, please email glynis@kyra.org.uk



FEMALE PETANQUE GROUP

Fancy trying something new?

One of our lovely members, Wendy, is part of a free Pétanque group (a French game a bit like bowls) that meets at Stockton-on-the-Forest Village Hall. It's friendly, fun, and open to all experience levels – and it's easy to get to by bus. If you're interested, let us know – if a few members are up for it, Wendy would be happy to organise a Kyra outing to go along together! If you're interested, just email maisie@kyra.org.uk



GREAT NORTH RUN FOR ALZHEIMER'S

Our wonderful cleaner Wendy is doing the Great North Run on 7th September to raise funds for the Alzheimer's Society. If you wish to support her, please check out her Just Giving page [here](#)

TRAILBLAZERS

On our brand new Trailblazers scheme, we can provide regular 1-to-1 mentoring to help you address your needs and challenges, and access employment/self-employment/education/training. Whether you need support to improve your self-esteem and confidence, improve CV writing, job search and interview skills, address mental health and wellbeing, or help with accessing training, education or volunteering opportunities, the Trailblazer Programme may be just what you need to get back on track!

Eligibility criteria:-

Not currently in employment and have not been looking for the past month, and one or more of the following:-

- Aged 18-24, or
- Aged 50-64, or
- Have a long term illness lasting or expected to last 12 months or more, or
- Live in a rural area in North Yorkshire, or
- Live in a coastal area in North Yorkshire

Please contact Briony@kyra.org.uk to enquire about the Programme or to arrange an appointment.



YORK
& NORTH
YORKSHIRE
COMBINED AUTHORITY

DAVID
SKAITH
MAYOR



Funded by
UK Government

SESSION TIMETABLE

If you are unable to book sessions online, please phone Kyra or ask for assistance in the office.

If you see Kyra's accessible symbol, then the session will take place in a downstairs room.



If you see Kyra's blue butterfly next to a session it means that you can or must join that session on Zoom.



MONDAY

Her Money Matters

8 September

11.30am

12.30pm

1.30pm

Neurodiversity Group (1-2.30pm) (Full)

Email helenh@kyra.org.uk to join waiting list

Rose + Project

(members aged 25 - 30 yrs)

5.30-7pm

Book: sherrie@kyra.org.uk

TUESDAY

Drop-in

1-3.30PM

Gardening Club

1.30-3.30pm

Our gardening volunteers are here most Tuesday afternoons.

Feel free to come and join in!

ESTA (Self Esteem)

6-8pm

Starts 16 September (FULL)

Email helenh@kyra.org.uk to join waiting list]

Managing Emotions Workshop (at James House)

2pm to 3.30pm

23 September (Full)

Email helenh@kyra.org.uk to join waiting list

Steps to ROSE Zoom

6-7pm

Email sherrie@kyra.org.uk



WEDNESDAY

ICT with Anita

1-2pm (Fully Booked)

Email helenh@kyra.org.uk to join waiting list

Rose Project

Social session

(members aged 18 - 25 yrs)

6.30PM - 8PM

Book: sherrie@kyra.org.uk

Rose In Focus

5-6.30pm

Book: sherrie@kyra.org.uk

THURSDAY

Drop-in
10 AM-12.30PM

Legal Support Sessions (CW)
18 September
10am
11am

Walking Group
10.20am - 1pm
11 September

Legal Support Sessions (IH)
4 September
12.30pm
1pm

LGBTQ+ Group
3.30pm to 5pm
4 + 18 September
No need to book, just come along

Social Cuppa & Evening Walking Group
6.30-8pm
4 September

Kyra Voices
6pm to 7.30pm (Fortnightly)
11 + 25 September
No need to book, just come along

FRIDAY

Steps to ROSE (Quiet Group)
10-11am or 11.30am-12.30pm
Email sherrie@kyra.org.uk

SOFIA (Anxiety Solutions)
10.30am-12.30pm
starts 26 September

Rose Project
Wellbeing session
(members aged 18 - 25 yrs)
1-2.30pm
Email sherries@kyra.org.uk

SATURDAY

Poetry Group (via Zoom)
12-2pm
6 + 20 September
Email glynis@kyra.org.uk to join



SESSION INFORMATION

NEURODIVERISTY GROUP

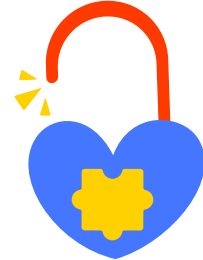
Neurodiversity Group for members who have either a medical or self diagnosis of neurodiversity. This will take place every other Monday afternoon.

12.30-1pm Light Lunch

1.00-1.45pm Information Session with Manar (from Living Autism) who will cover a relevant topic

1.45-2.30 Social or reflective time

Please note this group is now full until Spring 2026.



HER MONEY MATTERS

Her Money Matters returns in 2025, with Peasholme Charity advisers on hand to offer one-hour advice sessions to anyone within the City of York council boundary, alongside teaching skills around managing your money (excluding debt advice).



ROSE +

Our social drop-in group, with crafts and chat, for women aged 26 to 30. Perfect to meet others of a similar age in the safe space, whilst promoting positive mental wellbeing.



SOUND MEDITATION

A type of mindfulness meditation that uses sounds to focus the mind. The idea is that the sound will help to anchor the mind in the present moment and allow you to let go of distractions. Therapeutic sound can help to: Reduce stress, anxiety and depression, Release negative emotions and thought patterns. Manage and reduce pain Improve sleep and increase energy levels. Improve concentration and improve wellbeing.



DROP IN

Attend our drop in sessions to re-connect to other members face-to-face in Kyra. We ask that members continue to be mindful of others and respect that others might want to keep social distancing while attending the session. Our drop-ins run weekly on Tuesday afternoons 1-3.30pm and Thursday mornings 10am-12.30pm.



STEPS 2 ROSE

Supportive small group sessions for new members and existing members who for whatever reason find it very difficult to attend a main ROSE session. It may be that coming into a big group is overwhelming and cause anxiety, it may be difficult to leave the house, illness (physical and mental) or another barrier may prevent attendance. The aim is that through building confidence and friendships members can eventually feel able to attend the main ROSE sessions.



ESTA

Our ESTA self-esteem group can help if you recognise any of the below. Runs over 10-weeks.



- dislike yourself
- unable to recognise your strengths
- undeserving of happiness
- don't see anything positive for your future
- low in confidence
- feel worthless or don't live up to other people
- find it difficult to make decisions
- no one likes you
- you blame yourself for things that aren't your fault
- difficult for you to spend time or money on yourself

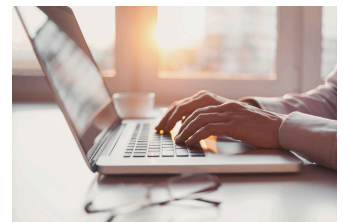
ARTS & CRAFTS GROUP

Our Kyra art and craft group is there to help you try new things and get creative. You'll explore different themed projects as you express your creativity. RETURNS IN THE AUTUMN



ICT WITH ANITA

Anita is back in 2025 to support Kyra members with one-to-one individualised IT training sessions of 1 hour each. Anita will work with you on your chosen topic.



ROSE PROJECT

The Rose Project is a well being group for young women to get together online and in person. Each session is member led focusing on well being topics which the members wish to talk about. During the session you will take part in activities, learn about yourself and make friends! There are both afternoon wellbeing sessions and evening social sessions available to join.



WALKING GROUP

You are very welcome to come along on selected Thursdays, 10.30am, to our walk. We'll check out some lovely views you might not have seen around the City Centre, have a friendly chat in a small welcoming group, with a stop off for a cuppa. Walking and chatting are great to improve both mental and physical health.



LEGAL SUPPORT

121 sessions with Legal Aid Family Solicitors from Ison Harrison and Crombie Wilkinson. For full details of what they can/can't help with, please click on the booking link.



LGBTQ+ GROUP

A relaxed, peer-led group for LGBTQ+ women and non-binary members. Come along to chat, get creative, or just spend time with people who get it. Activities include things like crafts, film nights, and guest speakers, but there's always space to just be. The group runs every other Thursday from 3.30–5pm in the Evie Room. No need to book – just drop in when you feel like it.



KYRA VOICES

Do you have a passion for music and singing? If so you can join other members on Thursday evenings for our fortnightly singing sessions. No need to book, just come along.



SOFIA

This 4-part solutions focused interventions for anxiety course will provide you with a tool kit to enable you to:

- Understand how anxiety is caused in the brain,
- Know how it affects us, and
- To recognise, change and turn off anxious thoughts.

It is solution focussed and looks to the future; and how we can manage anxiety and achieve our best hopes. We don't dwell on the past, or how we got to where we are.



POETRY

Join our poetry group to share new poems, old poems, poems from your pen! "Poetry is the rhythmical creation of beauty in words" We join together fortnightly on Saturday over Zoom to share. Please contact Glynis to join the group on glynis@kyra.org.uk

KYRA WORKSHOPS

We are currently offering 5 one-off workshops:

Boundaries and Selfcare

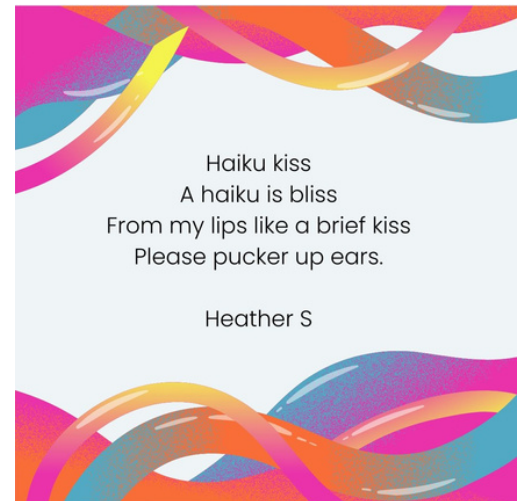
Confidence and Assertiveness

Positive Thinking

Managing emotions

Habits, Goals and Vision

Each workshop is 3 hours long and is designed to share tips and tools to help you put positive thinking / boundaries / confidence into practice. The workshops on offer each month will vary. Please note the content of each workshop remains the same so you would only need to attend each one once.



ONGOING PROJECTS

FREYA



Following on from our successful Route to Recovery programme, FREYA (Finding Routes to Empower Your Actions) is a new 2.5 year project here at Kyra, funded by the National Lottery. It aims to give women access to structured and personalised support to set goals and tailor a pathway through their Kyra journey. Across the 2.5 years, FREYA will support at least 175 women, enabling them to fulfil their potential by working to address issues at the earliest stage.

RISE2THRIVE

RISE2THRIVE was set up to help women feel ready and confident to take steps back into work or education. It includes friendly 1-to-1 mentoring, tailored to you, with support, encouragement and practical help along the way. If you're feeling unsure but know you want more, this could be the gentle push you've been waiting for. Get in touch to find out more – laurac@kyra.org.uk



TRAILBLAZERS



Funded by
UK Government

We can provide regular 1-to-1 mentoring to help you address your needs and challenges, and access employment/self-employment/education/training. Whether you need support to improve your self-esteem and confidence, improve CV writing, job search and interview skills, address mental health and wellbeing, or help with accessing training, education or volunteering opportunities, the Trailblazer Programme may be just what you need to get back on track!

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- Live in a rural area in North Yorkshire, or
- Live in a coastal area in North Yorkshire

Please contact Briony@kyra.org.uk to enquire about the Programme or to arrange an appointment.

FOOD BANK VOUCHER



Kyra can issue vouchers for our members to access a 3-day emergency parcel of food from York Food Bank. If you need this support please email contact@kyra.org.uk or give us a call on 01904 632332. We will need to complete an online form with you to request an emergency food parcel for your household, so the process may take a few days. Please note we can usually only arrange one voucher in six months per household.

SOLICITOR ADVICE

Kyra can refer members to a local solicitor to have a free initial appointment to receive advice on family law matters, If you would like to speak with the solicitors, please email contact@kyra.org.uk or give us a call on 01904 632332 and we will request an appointment for you.



USEFUL CONTACTS

URGENT SUPPORT AND MENTAL HEALTH CRISIS SERVICES

IF YOU ARE IN CRISIS OR NEED URGENT MENTAL HEALTH SUPPORT:

- YORK & SELBY CRISIS TEAM (24 HOUR NHS SERVICE) TEL: 111 OPTION 2
- NORTH YORKSHIRE RESIDENTS CONFIDENTIAL HELPLINE TEL: 0800 561 0076
MONDAY TO THURSDAY – 5PM TO 8.30AM; FRIDAY – FROM 4.30PM (24 HOURS AT THE WEEKEND AND ON BANK HOLIDAYS)
- SAMARITANS (24 HOUR CONFIDENTIAL & NON-JUDGMENTAL LISTENING SERVICE)
TEL: 116123 OR EMAIL: JO@SAMARITANS.ORG
- YOU CAN GO TO A & E OR CONTACT NHS 111. IF YOU ARE NOT ABLE TO LEAVE THE HOUSE YOU CAN DIAL 999.
- THE HAVEN @30 CLARENCE STREET TEL: 07483 141303.

FOR DOMESTIC ABUSE SUPPORT:

- IDAS (YORK AND NORTH YORKSHIRE) TEL: 03000 110 110 EMAIL: INFO@IDAS.ORG.UK LIVE WEBCHAT (3-6PM): WWW.IDAS.ORG.UK
- NATIONAL DOMESTIC ABUSE HELPLINE TEL: 0808 2000 247

FOR HELP FOLLOWING SEXUAL VIOLENCE / ABUSE:

- SURVIVE (YORK AND NORTH YORK) WWW.SURVIVE-NORTHYORKS.ORG.UK
01904 638813 SURVIVE@SURVIVE-NORTHYORKS.ORG.UK
SURVIVE HELPLINE 0808 145 1887 (MON/TUES 4PM TO 8PM)
- YORK IN RECOVERY – ALL ENQUIRIES TO INFO@YORKINRECOVERY.ORG.UK
WWW.YORKINRECOVERY.ORG.UK/

CONTACT KYRA



Central Methodist Church, St Saviourgate, York, YO1 8NQ



01904 632332



@KyraYorkWomensCentre



contact@kyra.org.uk



@KyraWomen



www.kyra.org.uk

PLEASE BE AWARE WE HAVE STEPS TO ACCESS KYRA

CHARITY NO. 1154290